



InShape

West Valley City Fitness and Recreation Center News Dog Days of Summer



DATES

Saturday, Aug. 28, 2 to 5:30 p.m.:

Before we close our swimming pool for cleaning, you are invited to bring your well-behaved best friend for a dip in our pool! Each dog will get a doggy bag of goodies and there will be raffles throughout the event.

Small Dogs (under 25 pounds) 2-2:30 p.m. 2:30 – 5:30 p.m.: All Dogs.

Cost is \$4

For your talented best friends, a Doggy Long Jump contest will be held from 2:30 p.m. to 3 p.m. and a Doggy Paddle race from 3:30 to 4 p.m. Also try out our Doggy Obstacle Course from 1 – 3 p.m.

Need vaccinations for your dog? WVC Animal Shelter will be on hand for a Pet Vaccination Clinic.

Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month
Non-Members - \$45/month

Registration deadline is the 1st of every month and is done on a month-to-month basis. Class size is limited so sign up early!

Sessions offered (choose either):
Mondays & Wednesdays 9 to 11 a.m.
Tuesdays & Thursdays 9 to 11 a.m.

For more information,
call (801) 955-4000.

Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

For more information call 801-955-4000.

West Valley Dance Force

The West Valley City Fitness Center offers a variety of dance formats that include: Ballet, Jazz, Combo, Tumbling, Hip-hop and more!

Sessions begin in September. Beginning, intermediate and advanced classes are offered.

For more information, call (801) 955-4030.

Tae Kwon Do (For ages 8 & older)

A fitness program for the whole family with four Black Belt instructors and other forms of martial arts taught.

Tuesdays and Thursdays

New/Beginner:
7 - 7:45 p.m.

Intermediate/Advanced:
7:45 - 8:30 p.m.

Members, \$30; non-members,
\$40 (monthly)

Membership Has Its Advantages!

Did you know that for less than one dollar per day, your family can have access to West Valley City's award-winning Family Fitness Center? Featuring a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children, the Family Fitness Center has something for every member of the family!

In addition to the many amenities, your membership includes free child care (first hour free, \$1.50 for each additional hour), two free personal training sessions for each adult on the membership (up to four sessions), free monthly body composition testing, discounts on programs and special events, free use of rental equipment, discounts on party packages, free movies and crafts in the edutainment center, one free four-week fitness class pass each year, and more!

For more information, call 955-4000 or visit <http://www.wvc-ut.gov/index.aspx?nid=222>



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

